

# Sherman Senior Center Newsletter

Volume 20, Number 3

May/June 2019



WEB SITE: [www.townofshermanct.org](http://www.townofshermanct.org) • EMAIL: [shermanseniorcenter@gmail.com](mailto:shermanseniorcenter@gmail.com)

## Helpful Contacts

### Coordinator

Suzette Berger

860-354-2414, ext.1

[shermanseniorcenter@gmail.com](mailto:shermanseniorcenter@gmail.com)

### Van Drivers

Anna Miskiv • Sue Moore

### FISH

860-355-4334

### Director of Social Services

Beth Trott, MSW

860-354-2414, ext.2

[shermansocserv@gmail.com](mailto:shermansocserv@gmail.com)

### Commission on Aging

• Dr. Juan Garcia, MD

• Ed Hayes • Sheila McMahon

• Jean McRoberts • Janet Wey

Pat Werme • Rick Hudson

• Lynda Lee Arnold

Ex Officio - Don Lowe

### Editor: Allan Ostergren

The Sherman Senior Center is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sexual orientation, age or disability.

## Trips, Events and Activities

(Please RSVP 860-354-2414, ext. 1)

**Tech Ed Device issues, Internet Use, Cameras & Digital editing:** May 21 through June 12. Sign up for a free appointment with New Fairfield High senior Roi Jennings. He will be available every Tuesday and Wednesday from 10-2 at the Sherman Senior Center.

**Ice-cream Social and Hearing Health:** May 9 at 11:00. Presentation sponsored by Beltone. Complimentary Video Otolaryngology Ear Scans and Hearing Screenings will be available.

**Tie Dye Scarves:** May 14 at 11:30. Craft sponsored by Candlewood Valley Rehab. Everything will be supplied. RSVP by May 12.

**Community Safety Program:** May 21 at 11:30. Sherman State Trooper, EMS and Fire Department members will discuss a program to improve the safety of our Sherman residents. Complimentary smoke and CO<sub>2</sub> Detectors will be available.

**D-Day Presentation:** June 6 at 11:30. Learn about one of the most pivotal events of the 20th century - the Normandy Invasion of WWII Europe. During the fifty-minute presentation John Cilio will underscore through vintage photographs and stories, how the allies deceived the enemy, spent years of planning in near total secrecy, stockpiled men and materials and executed the most complex military exploit ever accomplished. Refreshments sponsored by the Sherman Commission on Aging. Charter Hall

**Trip: Summer Theater:** June 27 - *Crazy for You* at the Sharon Playhouse. Cost \$25, due with reservation. Limited transportation is available.

**Music of Lumos:** Last Tuesday of the month at 1:00. "Susie and Al" will entertain us with their unique and sweet music. Refreshments and transportation provided.

### NMVNA Health and Wellness Programs

**Diabetes Education:** May 23 at 11:00. Do you, a family member or friend have diabetes? Sherman resident and NMVNA nurse Joanne T will discuss the realities of living well with diabetes.

**Know your Numbers:** May 31 from 10-12. Do you want to know your risk for diabetes and/or cardiovascular disease? A nurse will check your weight, waist measurements, BMI, cholesterol and blood sugar. May 31 from 10-12.

**Health Directive for Dementia:** June 13 at 11:00. What If I Had Dementia? How much medical care would you want if your had Alzheimer's disease or another type of dementia? In this workshop, Catherine Vlasto LCSW from New Milford VNA & Hospice will go over an Alzheimer's specific living will.

**Healthy and Hydrated Talk:** June 18 at 11:30. How important is it to stay Hydrated during the summer?



**Adaptive Equipment Program:** June 20 at 11:00. Genevieve is a Connecticut-licensed OT with twenty-one years of experience.

**Body Mechanics and Safety in the Home Program:** June 24 at 10:30. NMVNA Lifeline will be available to answer any questions.





**Blood Pressure Clinic:** Every 2<sup>nd</sup> Monday 11:30-12:30. Drop-ins welcome!



# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	 <p><b>Happy Birthday!</b> May Elizabeth Beatty Catherine DeRoss Tony Langley</p> <p>Carol Mehne Ann Torok Carol Voorhees</p>	<p>7 10:30 Senior Dine at American Pie</p> <p>11:30 Music With Boomwhackers</p>	<p>1 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p>12:45 Sherman BOE presentation</p> <p><i>Pinochle after</i></p>	<p>2 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Adult Coloring &amp; Coffee</p> <p>Trip: Sherman Library and town center</p>	<p>3 9:00 Walking</p> <p>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p> <p>12:00-2:00 Probate Judge Martin Landgrebe</p> <p><i>Call for appointment, drop-ins welcome!</i></p>	<p>4 9:00 Walking</p> <p>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p> <p>12:00-2:00 Probate Judge Martin Landgrebe</p> <p><i>Call for appointment, drop-ins welcome!</i></p>
6	<p>9:00 Walking</p> <p>10:00 Craft Class with Jodi</p> <p>11:00 Haircuts with Denise</p> <p><i>Pinochle 12-4</i></p>	<p>7 10:30 Senior Dine at American Pie</p> <p>11:30 Music With Boomwhackers</p>	<p>8 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>9 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Hearing Talk with ice cream social</p>	<p>10 9:00 Walking</p> <p>Update on the Opioids Crisis in Connecticut</p>	<p>11 9:00 Walking</p> <p>Update on the Opioids Crisis in Connecticut</p>
12	<p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p><i>Pinochle after</i></p>	<p>14 10:30 Senior Dine at American Pie</p> <p>11:30 Candlewood Craft Tie Dye Scarves</p>	<p>15 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>16 10:00 Exercise Club check-up with therapist</p> <p>Shopping New Milford</p> <p>Trip: Sherman Library and town center</p>	<p>17 9:00 Walking</p> <p>11:45 Tai Chi</p>	<p>18 9:00 Walking</p>
19	<p>9:00 Walking</p> <p>10:00 Chair Yoga</p> <p><i>Pinochle 12-4</i></p>	<p>21 10:30 Senior Dine at American Pie</p> <p>10-2 Tech ED Appointments</p> <p>11:30 Community Safety Program with State Trooper and SVFD</p>	<p>22 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p>10-2 Tech ED Appointments</p> <p><i>Pinochle 1-4</i></p>	<p>23 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 NMVNA Diabetic Education</p>	<p>24 9:00 Walking</p> <p>10:30-11:30 Travel with Gloria thru South America</p> <p>12-2 Reflexology/ Reiki with Lisa</p> <p>By appointment</p>	<p>25 9:00 Walking</p> <p>10:30-11:30 Travel with Gloria thru South America</p> <p>12-2 Reflexology/ Reiki with Lisa</p> <p>By appointment</p>
26	 <p>27 Memorial Day Office Closed</p>	<p>28 10:30 Senior Dine at American Pie</p> <p>10-2 Tech ED Appointments</p> <p>11:30 Bingo</p> <p>1:00</p>	<p>29 9:00 Walking</p> <p>Trip: Shopping</p> <p>10-2 Tech ED Appointments</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>30 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Digital Photography Workshop with Roi</p>	<p>31 9:00 Walking</p> <p>10:00-12:00 NMVNA Know your numbers - free testing by appointment</p> <p>10:30-11:30 Travel with Gloria thru South America</p>	<p>31 9:00 Walking</p> <p>10:00-12:00 NMVNA Know your numbers - free testing by appointment</p> <p>10:30-11:30 Travel with Gloria thru South America</p>

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Happy Birthday!</b> June</p> <p>Leslie Auer Betty Biro Al Burkhardt</p> <p>Mary DeVene Christine Engel Willy Knaak</p> <p>Anne Newbury Peter Sieber Janet Wey</p>	 <p><b>4</b> 10:30 Senior Dine at American Pie</p> <p>10-2 Tech ED Appointments</p> <p>11:30 Music With Boomwhackers</p>	 <p><b>5</b> 9:00 Walking</p> <p>10-2 Tech ED Appointments</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	 <p><b>6</b> 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:30 John Cilio talk D-Day: The Invasion of Normandy at Charter Hall</p>	 <p><b>7</b> 9:00 Walking</p> <p>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p> <p>10:30-11:30 Travel with Gloria thru South America</p>	<p><b>1</b></p>
<p><b>2</b></p>	<p>9:00 Walking</p> <p>10:00 Craft Class with Jodi</p> <p>11:00 Haircuts with Denise</p> <p><i>Pinochle 12-4</i></p>	<p><b>11</b> 10:30 Senior Dine at American Pie</p> <p>11:30 Candlewood Craft</p> <p>10-2 Tech ED Appointments</p>	<p><b>12</b> 9:00 Walking</p> <p>10-2 Tech ED Appointments</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p><b>13</b> 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Health Directive for Dementia Social Worker, NVMA</p>	<p><b>14</b> 9:00 Walking</p> <p>10:30-11:30 Travel with Gloria thru South America</p> <p>12:00-2:00 Probate Judge Martin Landgrebe <i>Call for appointment, drop-ins welcome!</i></p>	<p><b>8</b></p>
<p><b>9</b></p>	<p>9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p><i>Pinochle after</i></p>	<p><b>18</b> 10:30 Senior Dine at American Pie</p> <p>11:30 Talk: Healthy and hydrated during the summer</p>	<p><b>19</b> 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p><b>20</b> 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Homemade Adaptive Equipment NMVNA</p> <p>Trip: Sherman Library and town center</p>	<p><b>21</b> 9:00 Walking</p> <p>10:30-11:30 Travel with Gloria thru South America</p> <p>11:45 Tai Chi</p>	<p><b>22</b></p>
<p><b>16</b></p>	<p>9:00 Walking</p> <p>10:00 Chair Yoga</p> <p><i>Pinochle 12-4</i></p>	<p><b>25</b> 10:30 Senior Dine at American Pie</p> <p>11:30 Bingo</p> <p>1:00</p>	<p><b>26</b> 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p><b>27</b> 10:00 Exercise Club</p> <p>2:00 Trip: Sharon Tri-Arts Crazy for You (\$25)</p>	<p><b>28</b> 9:00 Walking</p> <p>Trip: Shopping</p> <p>10:30-11:30 Travel with Gloria thru South America</p> <p>12-2 Reflexology/ Reiki with Lisa By appointment</p>	<p><b>29</b></p>
<p><b>23</b></p>	<p>9:00 Walking</p> <p>10:30 NMVNA: Body Mechanics with Life and Safety in the home</p> <p><i>Pinochle 12-4</i></p>		<p><b>26</b> 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p><b>27</b> 10:00 Exercise Club</p> <p>2:00 Trip: Sharon Tri-Arts Crazy for You (\$25)</p>	<p><b>28</b> 9:00 Walking</p> <p>Trip: Shopping</p> <p>10:30-11:30 Travel with Gloria thru South America</p> <p>12-2 Reflexology/ Reiki with Lisa By appointment</p>	<p><b>29</b></p>
<p><b>30</b></p>						

# Calling all Artists

*Back by Popular Demand!*

# Senior Art Show

**Share your talents!**

**August 29 through October 9**

**Painting, photography, woodwork,  
pottery, or sculpture welcome.**



**For more information please contact:  
Sherman Senior Center at (860) 354-2414 ext 1  
or email [COAshermanct@gmail.com](mailto:COAshermanct@gmail.com)**

*Sponsored by the Commission on Aging in  
cooperation with the Sherman Library*